

# **Grimes Parks & Recreation Department**

Telephone: (515) 986-2143

[www.grimesiowa.gov](http://www.grimesiowa.gov)



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## **Grades 5-6 Grimes Rec Basketball League Rules**

1. Coaches will be on hand to sub and teach within their bench area. Officials will be present to enforce basketball rules, facility supervisor to open the school, and scorekeeper to keep score.
2. 10' Baskets and 28.5 sized basketballs are used. Each team will be given Grimes Rec balls.
3. Play full court but only half court man to man defense only. No zone or pressing allowed.
4. Play defense with your feet. Only 5 fouls are allowed per player.
5. Two 20-minute halves with a 3-minute halftime. Running Clock- Stop the clock the last minute of the game only or during time-outs/injuries if game is 15 points or less.
6. Everyone plays the same amount of time. Three point goals will not count.
7. Coaches and players must shake hands after the game.
8. Jump ball starts the game, alternating possession after.
9. Two time-outs are allowed per half (approx. 30 seconds in length).
10. On the shooting fouls, kids shoot 1 shot that equals 2 points to speed things up during the games. On 10<sup>th</sup> team foul, same thing.
11. Score will be kept. Score will be kept at all times. Coaches were asked to pull back on defense and offense if the game is more than 20 points. In the case of a tie, it's sudden death if time allows in the hour. Tip ball and then first team to score wins.
12. High School rules otherwise.

**SPORTSMANSHIP IS STRESSED AMONG PLAYERS, COACHES AND FANS.  
ABSOLUTELY NO ARGUING WITH OFFICIALS!**